

**Table 70 (page 1 of 2). Healthy weight, overweight, and obesity among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin <sup>1</sup>	Overweight <sup>2</sup>					Obesity <sup>3</sup>				
	1960–62	1971–74	1976–80 <sup>4</sup>	1988–94 <sup>5</sup>	1999–2000 <sup>5</sup>	1960–62	1971–74	1976–80 <sup>4</sup>	1988–94 <sup>5</sup>	1999–2000 <sup>5</sup>
Percent of population (standard error)										
20 years and over, age adjusted <sup>6,7,8</sup> . . . . .	---	---	---	56.0 (0.8)	64.5 (1.4)	---	---	---	22.9 (0.7)	30.5 (1.4)
20 years and over, crude <sup>7,8</sup> . . . . .	---	---	---	54.9 (0.8)	64.1 (1.4)	---	---	---	22.3 (0.6)	30.3 (1.4)
20–74 years, age adjusted <sup>6</sup>										
Both sexes <sup>7,8</sup> . . . . .	44.8	47.7	47.4	56.0 (0.9)	64.5 (1.5)	13.3	14.6	15.1	23.3 (0.7)	30.9 (1.6)
Male . . . . .	49.5	54.7	52.9	61.0 (1.0)	67.0 (1.5)	10.7	12.2	12.8	20.6 (0.7)	27.7 (1.7)
Female <sup>7</sup> . . . . .	40.2	41.1	42.0	51.2 (1.1)	62.0 (2.0)	15.7	16.8	17.1	26.0 (1.0)	34.0 (2.0)
White male . . . . .	50.2	55.4	53.8	62.3 (1.1)	---	10.5	11.8	12.5	21.0 (0.8)	---
White female <sup>7</sup> . . . . .	37.5	38.8	39.4	49.4 (1.2)	---	14.2	15.4	15.5	24.3 (1.1)	---
Black male . . . . .	43.9	50.4	51.4	58.0 (1.3)	---	14.0	16.8	16.7	21.1 (1.0)	---
Black female <sup>7</sup> . . . . .	59.2	60.5	63.2	68.5 (1.4)	---	26.8	29.7	31.3	39.0 (1.4)	---
White, non-Hispanic male . . . . .	---	---	53.4	61.6 (1.2)	67.5 (2.0)	---	---	12.4	20.7 (0.9)	27.7 (2.0)
White, non-Hispanic female <sup>7</sup> . . . . .	---	---	38.7	47.2 (1.4)	57.5 (2.6)	---	---	15.4	23.3 (1.2)	30.6 (2.2)
Black, non-Hispanic male . . . . .	---	---	51.3	58.2 (1.2)	60.1 (2.3)	---	---	16.5	21.3 (1.0)	28.8 (2.4)
Black, non-Hispanic female <sup>7</sup> . . . . .	---	---	62.6	68.5 (1.4)	78.0 (1.9)	---	---	31.0	39.1 (1.4)	50.8 (2.8)
Mexican male . . . . .	---	---	61.6	69.4 (1.1)	74.4 (2.8)	---	---	15.7	24.4 (1.1)	29.4 (2.5)
Mexican female <sup>7</sup> . . . . .	---	---	61.7	69.6 (1.7)	71.8 (2.5)	---	---	26.6	36.1 (1.4)	40.1 (3.8)
20–74 years, crude										
Both sexes <sup>7,8</sup> . . . . .	45.2	47.0	46.4	55.0 (0.9)	64.3 (1.4)	13.5	14.4	14.7	22.7(0.7)	30.8 (1.5)
Male . . . . .	49.4	53.5	51.5	59.6 (1.0)	66.5 (1.5)	10.7	12.0	12.3	19.9 (0.7)	27.5 (1.7)
Female <sup>7</sup> . . . . .	41.2	41.0	41.6	50.5 (1.1)	62.0 (2.0)	16.1	16.7	16.8	25.5 (1.0)	34.0 (2.0)
White male . . . . .	50.2	54.3	52.5	61.1 (1.2)	---	10.4	11.7	12.1	20.4 (0.8)	---
White female <sup>7</sup> . . . . .	38.9	39.1	39.4	49.0 (1.3)	---	14.7	15.4	15.3	24.0 (1.2)	---
Black male . . . . .	43.9	49.3	48.5	56.7 (1.3)	---	14.1	16.0	15.0	20.9 (0.9)	---
Black female <sup>7</sup> . . . . .	58.8	58.2	60.0	65.9 (1.6)	---	26.6	28.7	29.8	37.0 (1.4)	---
White, non-Hispanic male . . . . .	---	---	52.2	60.8 (1.2)	67.6 (1.9)	---	---	12.0	20.3 (0.9)	27.8 (2.0)
White, non-Hispanic female <sup>7</sup> . . . . .	---	---	38.9	47.1 (1.4)	58.1 (2.7)	---	---	15.2	23.1 (1.2)	30.9 (2.2)
Black, non-Hispanic male . . . . .	---	---	48.4	57.0 (1.2)	58.6 (2.4)	---	---	14.9	21.1 (1.0)	28.5 (2.7)
Black, non-Hispanic female <sup>7</sup> . . . . .	---	---	59.4	66.2 (1.5)	77.2 (2.1)	---	---	29.5	37.2 (1.4)	50.3 (2.8)
Mexican male . . . . .	---	---	57.0	64.0 (1.5)	71.9 (3.7)	---	---	14.6	20.7 (1.3)	29.6 (2.9)
Mexican female <sup>7</sup> . . . . .	---	---	57.4	66.2 (1.5)	69.5 (3.1)	---	---	23.8	33.6 (1.3)	38.1 (4.2)
Male										
20–34 years . . . . .	42.7	42.8	41.2	47.5 (1.4)	58.0 (2.5)	9.2	9.7	8.9	14.1 (1.0)	24.1 (1.9)
35–44 years . . . . .	53.5	63.2	57.2	65.5 (1.7)	67.6 (2.7)	12.1	13.5	13.5	21.5 (1.2)	25.2 (3.0)
45–54 years . . . . .	53.9	59.7	60.2	66.1 (2.1)	71.3 (3.5)	12.5	13.7	16.7	23.2 (1.7)	30.1 (4.4)
55–64 years . . . . .	52.2	58.5	60.2	70.5 (2.1)	72.5 (3.5)	9.2	14.1	14.1	27.2 (2.2)	32.9 (4.1)
65–74 years . . . . .	47.8	54.6	54.2	68.5 (2.1)	77.2 (3.6)	10.4	10.9	13.2	24.1 (1.8)	33.4 (3.9)
75 years and over . . . . .	---	---	---	56.5 (2.0)	66.4 (3.5)	---	---	---	13.2 (2.1)	20.4 (2.8)
Female <sup>7</sup>										
20–34 years . . . . .	21.2	25.8	27.9	37.0 (1.4)	51.5 (2.8)	7.2	9.7	11.0	18.5 (1.1)	25.8 (2.6)
35–44 years . . . . .	37.2	40.5	40.7	49.6 (2.4)	63.6 (4.1)	14.7	17.7	17.8	25.5 (2.1)	33.9 (3.0)
45–54 years . . . . .	49.3	49.0	48.7	60.3 (2.5)	64.7 (3.7)	20.3	18.9	19.6	32.4 (1.9)	38.1 (4.1)
55–64 years . . . . .	59.9	54.5	53.7	66.3 (1.6)	73.1 (3.7)	24.4	24.1	22.9	33.7 (1.8)	43.1 (4.2)
65–74 years . . . . .	60.9	55.9	59.5	60.3 (1.8)	70.1 (4.0)	23.2	22.0	21.5	26.9 (1.5)	38.8 (3.8)
75 years and over . . . . .	---	---	---	52.3 (1.5)	59.6 (3.7)	---	---	---	19.2 (1.3)	25.1 (4.0)

See footnotes at end of table.

**Table 70 (page 2 of 2). Healthy weight, overweight, and obesity among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin <sup>1</sup>	Healthy weight <sup>9</sup>				
	1960–62	1971–74	1976–80 <sup>4</sup>	1988–94 <sup>5</sup>	1999–2000 <sup>5</sup>
	Percent of population (standard error)				
20 years and over, age adjusted <sup>6,7,8</sup> . . . .	---	---	---	41.6 (0.8)	33.5 (1.3)
20 years and over, crude <sup>7,8</sup> . . . . .	---	---	---	42.6 (0.8)	33.9 (1.3)
20–74 years, age adjusted <sup>6</sup>					
Both sexes <sup>7,8</sup> . . . . .	51.2	48.8	49.6	41.7 (0.9)	33.6 (1.4)
Male . . . . .	48.3	43.0	45.4	37.9 (1.0)	31.8 (1.5)
Female <sup>7</sup> . . . . .	54.1	54.3	53.7	45.3 (1.1)	35.3 (2.0)
White male . . . . .	47.6	42.4	44.8	36.7 (1.1)	---
White female <sup>7</sup> . . . . .	56.5	56.6	56.1	47.2 (1.3)	---
Black male . . . . .	53.2	47.3	46.4	40.3 (1.3)	---
Black female <sup>7</sup> . . . . .	36.0	34.9	34.4	28.6 (1.2)	---
White, non-Hispanic male . . . . .	---	---	45.3	37.4 (1.2)	31.1 (2.0)
White, non-Hispanic female <sup>7</sup> . . . . .	---	---	56.7	49.2 (1.4)	38.8 (2.6)
Black, non-Hispanic male . . . . .	---	---	46.6	40.0 (1.2)	38.4 (2.3)
Black, non-Hispanic female <sup>7</sup> . . . . .	---	---	35.0	28.9 (1.2)	21.7 (1.9)
Mexican male . . . . .	---	---	37.1	29.8 (1.1)	25.0 (2.7)
Mexican female <sup>7</sup> . . . . .	---	---	36.4	29.0 (1.7)	26.9 (2.6)
20–74 years, crude					
Both sexes <sup>7,8</sup> . . . . .	50.8	49.3	50.5	42.6 (0.9)	33.7 (1.4)
Male . . . . .	48.3	44.1	46.8	39.3 (1.1)	32.2 (1.5)
Female <sup>7</sup> . . . . .	53.2	54.1	53.9	45.9 (1.1)	35.2 (1.9)
White male . . . . .	47.6	43.4	46.1	37.8 (1.2)	---
White female <sup>7</sup> . . . . .	55.4	56.1	55.9	47.5 (1.3)	---
Black male . . . . .	53.5	48.5	49.5	41.7 (1.3)	---
Black female <sup>7</sup> . . . . .	36.4	36.5	37.2	30.9 (1.3)	---
White, non-Hispanic male . . . . .	---	---	46.4	38.1 (1.3)	31.0 (1.9)
White, non-Hispanic female <sup>7</sup> . . . . .	---	---	56.4	49.2 (1.4)	38.3 (2.6)
Black, non-Hispanic male . . . . .	---	---	49.6	41.4 (1.2)	39.8 (2.4)
Black, non-Hispanic female <sup>7</sup> . . . . .	---	---	37.7	31.1 (1.4)	22.4 (2.1)
Mexican male . . . . .	---	---	41.6	35.2 (1.5)	27.4 (3.6)
Mexican female <sup>7</sup> . . . . .	---	---	40.1	32.1 (1.5)	29.1 (3.3)
Male					
20–34 years . . . . .	55.3	54.7	57.1	51.1 (1.5)	39.8 (2.5)
35–44 years . . . . .	45.2	35.2	41.3	33.4 (1.7)	31.4 (2.7)
45–54 years . . . . .	44.8	38.5	38.7	33.6 (2.0)	28.7 (3.5)
55–64 years . . . . .	44.9	38.3	38.7	28.6 (2.1)	26.5 (3.2)
65–74 years . . . . .	46.2	42.1	42.3	30.1 (2.2)	21.5 (3.3)
75 years and over . . . . .	---	---	---	40.9 (1.9)	32.7 (3.4)
Female <sup>7</sup>					
20–34 years . . . . .	67.6	65.8	65.0	57.9 (1.3)	43.9 (2.5)
35–44 years . . . . .	58.4	56.7	55.6	47.1 (2.5)	33.6 (4.0)
45–54 years . . . . .	47.6	49.3	48.7	37.2 (2.3)	33.3 (3.8)
55–64 years . . . . .	38.1	41.1	43.5	31.5 (1.5)	26.9 (3.7)
65–74 years . . . . .	36.4	40.6	37.8	37.0 (2.0)	27.7 (3.9)
75 years and over . . . . .	---	---	---	43.0 (1.6)	37.4 (3.7)

--- Data not available.

<sup>1</sup>The race groups, white and black, include persons of Hispanic and non-Hispanic origin.

<sup>2</sup>Body mass index (BMI) greater than or equal to 25.

<sup>3</sup>BMI greater than or equal to 30.

<sup>4</sup>Data for Mexicans are for 1982–84. See Appendix I, National Health and Nutrition Examination Survey (NHANES).

<sup>5</sup>Standard errors of estimates for 1988–94 and 1999–2000 are shown. 1999–2000 estimates are based on a smaller sample size than estimates for earlier time periods and therefore are subject to greater sampling error.

<sup>6</sup>Age adjusted to the 2000 standard population using 5 age groups except for 1999–2000 estimates which are age adjusted using 3 age groups (20–39, 40–59, and 60–74 or 60 and over) due to a smaller sample size; however, use of 3 rather than 5 groups had virtually no effect on age-adjusted estimates. See Appendix II, Age adjustment.

<sup>7</sup>Excludes pregnant women.

<sup>8</sup>Includes persons of all races and Hispanic origins, not just those shown separately.

<sup>9</sup>BMI of 18.5 to less than 25 kilograms/meter<sup>2</sup> (see Appendix II, Body mass index).

NOTES: Percents do not sum to 100 because the percent of persons with BMI less than 18.5 is not shown and the percent of persons with obesity is a subset of the percent with overweight. Height was measured without shoes; two pounds were deducted from data for 1960–62 to allow for weight of clothing. Some data for 1988–94 have been revised and differ from the previous edition of *Health, United States*.

SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982–84), and National Health Examination Survey (1960–62).